

**USAREUR Four Day Holiday Weekend, 13 -16 June**

Team 21, the upcoming training holiday weekend provides us another opportunity to travel, relax, and have fun. Keep the following in mind to ensure your summer is not spoiled by a preventable or unfortunate accident or tragedy.

Stay Cool. Prevent heat injuries and sunburn. Try to stay in the shade, stay hydrated, and use sun screen with a high SPF regularly. Be aware of heat illness symptoms and their treatment, and seek medical help if a heat related injury condition does not improve quickly after removal from the heat.

Drive Safely. Don't drink and drive. Always ensure that everyone in your vehicle is properly buckled-up. Drive defensively, and at safe speeds. Remember, "school's out", so watch out for children on the roadways, as pedestrians or on bicycles.


Recreational Safety. Whatever you do, don't overdo it, and above all, use common sense! Swim or dive only in authorized areas, where life guards are available. If bicycling, follow the rules of the road and ensure the bicycle is road safe. Ensure your bicycle is equipped with reflectors and working lights. Always wear bicycle helmets and bright colored, reflective clothing.

Be Ready-Strong. Watch out for yourself, your Family, and friends, and always use your individual professionalism VE3ST! Values; Enthusiasm-Endurance-Excellence; Stewardship; and Teamwork.

Have Fun and Be Safe!!!

LET'S TARGET AN
INCIDENT FREE WEEKEND
AND USE THE BUDDY
SYSTEM. IT WORKS!
HOWAH ☺

FIRST IN SUPPORT-READY STRONG!


JOHN R. O'CONNOR
Major General, USA
Commanding